

## BINGS HAD INSOMNIA SO HE TRIED THE PANTING CURE FOR A CHANGE

"You don't look very well this morning, Bings," commented the head bookkeeper. "What's the matter?"

"Don't sleep very well," replied Bings, shortly. "Been trying to cure my insomnia."

"Well," said the head bookkeeper, judiciously, "I'm troubled that way sometimes myself. Ever try a little hot milk just before retiring?"

"There was a hostile glitter in Bings' eye. 'Yes,' he said, 'I've tried a little hot milk. I've also tried the lukewarm bath and the young onions, and chewing my food, and the rest of it. And last night I tried the panting cure.'"

"The panting cure?" echoed the bookkeeper. "And what is that?"

Bings went into his vest pocket and flashed out a newspaper clipping. It was from one of the numerous departments that women run in the evening paper, in which they tell you everything from how to die to how to get married, and when the head bookkeeper looked it over he found the following:

"Go to bed. Lie flat on your back, with arms at side. Have a low pillow, a rather hard bed, with downy, light coverings and abundance of fresh air. Relax entire body and make a vacuum of your mind. Do not hold yourself on the bed, but let the bed hold you. Now you are ready to begin. Imitate the panting of a tired dog, but pant through the nose instead of through the mouth. (Now you are laughing, of course. That's the idea! This is a laugh cure partly!) Pant away until you are all tired out. You will then be impelled to take several long, deep breaths and possibly to yawn. (This is where the deep breathing comes in.) You will notice this vigorous panting shakes the entire trunk, as does laughing. Repeat the alternate panting and deep breathing till you fall asleep naturally."

"Very interesting," commented the head bookkeeper; "and how did you come out?"

"I came out by staying awake nearly all night," growled Bings. "I did everything it says, and I even went up to the spare room to try it on. I told my wife I was going to sleep in the spare room, but I didn't tell her that I was going to try the cure. Well, I got laid down—flat, as it says—and the first thing I tried to do was to 'make a vacuum of my mind.' Ever try to make a vacuum of your mind? Well, it doesn't work. Little things that had worried me in years, came up—and there I lay, flat, with arms at my side, on a low pillow, and all the rest of it trying to get some sleep. At that stage I began the panting—panting like a dog, according to the recipe. I panted and panted—but it didn't make me laugh."

"In fact, it got me to thinking what an all-round darn fool I must look like lying there with my tongue hanging out. But I kept it up. Pretty soon I heard my wife coming upstairs."

"For goodness sake, John," said she, "what's the matter with you?"

"She panted on the gas."

"Nothing," I said. "Why?"

"You're making the most peculiar noises—I heard you way downstairs. Did you have a nightmare?"

"On the contrary," said I, "I haven't been asleep."

"John," she said, "I know there's something the matter. Hannah heard you, too. If you're ill don't try to conceal it."

"I saw there was no use. 'O, only a kink in my side,' I explained. I should have known better than to say it. You see my wife thinks I'm a martyr who suffers in silence."

"I hope it isn't your old trouble," she said, coming to the bed and prodding me in the groin. "Hannah, go get the hot water bottle."

"I expostulated, but it didn't go. Hannah got the hot water bottle, and, what is more, my wife placed it right over the pit of my stomach, and almost before I knew it had me swathed in hot clothes. She has an idea that warmth will drive away any disease, and although I protested that there wasn't anything serious the matter with me she worked over me for an hour."

"It was then about one o'clock in the morning. Having finally convinced her that the slight pain had passed she left me. Of course there wasn't any use trying to pant after this experience, but I lay there and heard the clock strike two and three and still no sleep, and I determined to give the cure another chance. I started to pant, but lightly so as not to attract attention. Soon I became interested in it. Once, I think, I really did fall asleep, but suddenly I started up and discovered that I was panting heartily like a dog that wants a drink of water."

"My wife was up there in a minute. This time she was in tears. 'John,' she wailed, 'it's horrid of you to lay here and suffer and try to make me think there is nothing the matter with you. Why don't you tell the truth, dear? I know you're in pain. I'm going right down and telephone Dr. Watson.'"

"At this I sat up. 'Mary,' I said, 'I'm not in pain. I'm simply panting for insomnia.' And then, in order to keep the doctor away, I told her about it. But it wasn't me that laughed—it was my wife. And the funny thing about it was that as soon as I told her the truth I promptly fell asleep. But I didn't feel much like getting up this morning."

## WHEN MONEY WAS SCARCE.

Practically Unobtainable During Period of Missouri's History.

"However scarce money may be at times at the present," said an old Missourian, "the oldest inhabitants will recall when it was almost unobtainable and other commodities had to be used as media of exchange. The wolf's scalp was worth a dollar because it was a state bounty upon the death of a wolf, and venison hams and deer skins also had a purchasing value. Skins of the fur bearers were likewise abundant and valuable. When the first sheriff of Audrain county, in 1837, went to Jefferson City to deliver the county revenue, he met an old friend on the way who, needing money, wanted to borrow the actual coin part of the county's revenue. The good-hearted sheriff lent it to him and went on to the capital and delivered only the scalps. By the time of the next settlement the loan was repaid and the sheriff made his next settlement complete. No note or other obligation than the mere word was given."—Columbia Herald.

## Restricted Choice.

"The people and the corporations," said Senator La Follette the other day, "remind me of a woman and her little boy. There was a very large chicken and a very small duck on the table and the woman, pausing with the carving knife raised, said: 'Johnny, which will you take, chicken or duck?' 'Duck,' piped Johnny. But the mother shook her head. 'No, Johnny,' she said in a firm, yet kindly voice, 'you can't have duck, my dear. Take your choice, darling, take your choice, but you can't have duck.'"

## TO PRETENDERS.

### A Wholesome Word for Guidance.

Just a word to you, "Collier's" and other glaring examples of Modern Yellow Journalism and Cigarettes.

Environment gives you a viewpoint from which it is difficult to understand that some people even nowadays act from motives of old-fashioned honesty.

There are honest makers of foods and healthful beverages and there are honest people who use them.

Perhaps you are trained to believe there is no honesty in this world. There is, although you may not be of a kind to understand it.

Some of you have been trained in a sorry class of pretenders, but your training does not taint the old-fashioned person trained without knowledge of pretense and deceit.

These letters came to us absolutely without solicitation. We have a great many thousands from people who have been helped or entirely healed by following the suggestions to quit the food or drink which may be causing the physical complaints and change to Postum Coffee or Grape-Nuts food.

You are not intelligent enough to know the technical reasons why the change makes a change in the cells of the body. Your knowledge, or lack of knowledge, makes not the slightest difference in the facts.

You can print from old and worn plates all the cheap books your presses will produce and sell them as best you can, but such acts and your "learned" editorials are but commercial, and seek only "dollars" and much by pretence.

When you branch out into food values you become only ridiculous. Stick to what you know. The field may be small but it is safe.

This first letter is from the President of the "Christian Nation", a worthy Christian paper of New York.

New York, Oct. 2, 1907.  
Postum Cereal Co., Ltd.,  
Battle Creek, Mich.

Dear Sirs:

I am, this morning, in receipt of the enclosed mighty good letter from one of my subscribers, which I forward to you, and which I am sure you will be glad to use. I am personally acquainted with this lady, and know that she has no object in writing, other than to do good.

Cordially,  
John W. Pritchard, Pres.

Brooklyn, N. Y., Oct. 1, 1907.

Dear Mr. Pritchard:

Noticing Postum Food Coffee advertised each week in your reliable paper, I concluded to try it, and feeling it a duty towards those who may have suffered as I have from indigestion, desire to state what wonderful benefit I have received from Postum, although using only a short time, and not do. I alone realize and appreciate its good effects, but friends remark, "How much I have improved and how well I look," and I tell the facts about Postum every time, for since using it I have got had one attack of indigestion. It is invigorating, healthful; does not affect the nerves as ordinary coffee, and if properly made, a most delicious drink. Although I have not had much faith in general advertising, yet, finding Postum has done so much better for me than I expected I am more inclined to "Prove all things, hold fast that which is good." I am so thankful for good health that I want it known what a blessing Postum has been to me. You may use these few lines as an ad. if you so desire and my name also.

Very truly yours,  
Anna S. Reeves.

275 McDonough St., Brooklyn.

Coffee hurt her, she quit and used Postum. She didn't attempt to analyze but she enjoyed the results. Underneath it all "There's a Reason."

POSTUM CEREAL CO., LTD.

## TIED TO A CHAIR.

Unable to Move About On Account of Kidney Troubles.

Mrs. Anna Beebe, River and Monroe Sts., Anoka, Minn., says: "I had to sit in a chair day after day unable to move about on account of rheumatic pains in my back, hips and legs. I was short of breath and my heart would flutter after the least exertion. I had dizzy spells and bearing down pains and the kidney secretions were much disordered. I thought I would not live long, but since using Doan's Kidney Pills I am a different woman, can do my own work and have no fear of those troubles returning."

Sold by all druggists. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

## HERE'S A NEW DEFINITION.

And Many There Are Will Say Senator Platt Was Right.

A rather cynical joke has been recently credited to Senator Platt.

The senator, on his last visit to the Manhattan Beach hotel, allowed a pretty little girl, a western millionaire's daughter, to be presented to him.

The little girl, in the course of one of her many chats with the aged statesman, said:

"Tell me, won't you, senator, what political economy is?"

"Political economy, my dear child," Senator Platt is said to have replied, "is the art of never buying more votes than you actually need."

## BABY'S ECZEMA GREW WORSE.

Hospitals and Doctors Could Not Relieve Him—But Cuticura Remedies a Speedy, Permanent Cure.

"Eczema appeared when our baby was three months old. We applied to several doctors and hospitals, each of which gave us something different every time, but nothing brought relief. At last, one of our friends recommended to us Cuticura Soap and Cuticura Ointment. A few days afterwards improvement could be noted. Since then we have used nothing but Cuticura Soap and Cuticura Ointment, and now the baby is six months old and is quite cured. All that we used was one cake of Cuticura Soap and two boxes Cuticura Ointment, costing in all \$1.25. C. F. Kara, 343 East 65th Street, New York, March 30, 1906."

Worse and Worse.

"The late Admiral Walker," said a naval officer in Washington, "believed heartily in marriage for sailors. He always urged sailors to wed. Nautical bachelors were held up to scorn by him."

"Strolling with him in New York one day we met a young ship-broker. Admiral Walker hailed the young man delightedly. He clapped him on the back, wrung his hand and cried:

"Congratulations on your marriage, my young friend. No more sewing on of buttons now, eh?"

"No, indeed," said the ship-broker sharply. "I wear a belt now. It keeps me so busy raising money to pay my wife's bills that I have no time to sew on buttons."

Rural Delivery Increase.

It is now only fourteen years since an appropriation of \$10,000 was made for experiments with the project of rural free delivery. As recently as ten years ago the appropriation for this new service amounted to only \$40,000; last year it was more than \$25,000,000, while this year rural free delivery will cost \$37,000,000.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 331 Arch St., Philadelphia, Pa.

A woman will honor her husband as long as he is willing to love and obey her.

## Saying "Hello" to Heart Throbs.

"It is a curious thing," said a prominent lecturer recently, "how some books have a strong radiating personality, so that you feel like saying 'Hello!' every time you come across them. Last Christmas I visited friends back at the old home on the farm. When the supper dishes had been put away, the chores done and the evening lamp lighted we gathered beside the organ for a good old fashioned 'sing.' On the center table were strewn the Christmas remembrances taken from Christmas tree on the evening before. Glancing over them I suddenly exclaimed 'Hello! my good friend, Hello!' and as the others looked up with surprise, I picked up a copy of 'Heart Throbs' and read to them from its pages the 'piece' I spoke in school 40 years ago."

"That was enough to set in motion the friendly entertaining spirit of Heart Throbs, and the music was forgotten as we took turns reading the humorous and pathetic bits of prose and verse that have been preserved in this wonderful volume. Some books have great literary value, some have historical significance, but Heart Throbs is the only book I know that slaps you on the back in a friendly sort of way, suiting itself to your moods and proving faithful to every emotion. Next to my love of the Bible I love Heart Throbs. It is the most notable book of the times."

## Martins' Revenge.

A correspondent tells the story of two house martins' nests built against an attic window of a farm, to which the birds came for several successive years. Last spring, however, before they arrived, a sparrow took up her abode in one of the nests.

Shortly after the martins returned as usual, and one day the farm people noticed that the hole of the nest which the sparrow occupied had been blocked up. Next morning a boy climbed up to ascertain the meaning of this, and not finding any outlet broke away part of the nest, to find the poor little sparrow dead on her eggs.

The house martins had walled her up for daring to take possession of their house.—Country Life.

## \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution, and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHESNEY & CO., Toledo, O. Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

## Hunting Up Statistics.

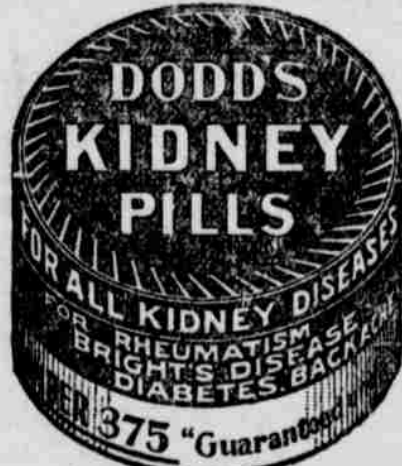
"What does your father do to earn his living?" asked a New York principal of a pupil who was being admitted.

"Please, ma'am, he doesn't live with us; mamma supports me."

"Well, then, how does your mother earn her living?"

"She gets paid for staying away from papa," replied the child, artlessly.—Harper's Weekly.

Do not only take occasions of doing good when they are thrust upon thee, but study to do all the good thou canst. Zeal of good works will make thee plot and contrive for them, consult and ask advice for them.—R. Baxter.



## STOP WOMAN AND CONSIDER

First, that almost every operation in our hospitals, performed upon women, becomes necessary because of neglect of such symptoms as Backache, Irregularities, Displacements, Pain in the Side, Dragging Sensations, Dizziness and Sleeplessness.

Second, that Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, has cured more cases of female ills than any other medicine known. It regulates, strengthens and restores women's health and is invaluable in preparing women for child-birth and during the period of Change of Life.

Third, the great volume of unsolicited and grateful testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time being published by special permission, give absolute evidence of the value of Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice.

## Lydia E. Pinkham's Vegetable Compound

For more than 30 years has been curing Female Complaints, such as Dragging Sensations, Weak Back, Falling and Displacements, Inflammation and Ulceration, and Organic Diseases, and it dissolves and expels Tumors at an early stage.

## Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass., for advice. She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law, Lydia E. Pinkham in advising. Thus she is especially well qualified to guide sick women back to health. Write today, don't wait until too late.

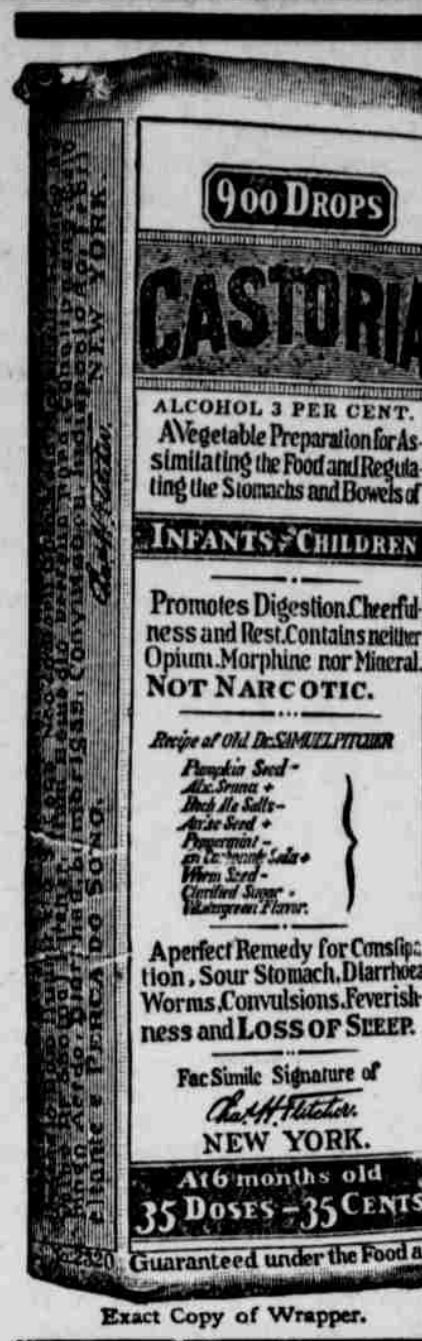
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## "HEART THROBS"

"A warm-hearted, wholesome book containing the favorite selections of 50,000 people, including Presidents Roosevelt, Admiral Dewey and the late John Hay. Every teacher should have a copy for the school-room; every preacher for the pulpit; every 'good old soul' for the memories it brings; every boy or girl for the nobleness and optimism it teaches; a universal book with a range of emotion greater than Shakespeare; in comfort second only to the Bible."

Go where you buy your books and tell the man to order your Heart Throbs for

## X-MAS GIFTS

or tear this ad out and mail with \$1.50 direct to

CHAPPLE PUBLISHING COMPANY

935 Dorchester Avenue, BOSTON, MASS.

## SICK HEADACHE

CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills.

They also relieve Discomforts from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER.

They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

PARKER'S HAIR BALM. Cleanses and beautifies the hair. Promotes a luxuriant growth. Stops Itching Scalp. Restores Gray Hair to its Youthful Color. Cures scalp disease & hair falling. 25c and 50c at Druggists.

If afflicted with sore eyes, use Thompson's Eye Water.

W. N. U., DETROIT, NO. 46, 1907.

W. L. DOUGLAS \$3.00 & \$3.50 SHOES. BEST IN THE WORLD. SHOES FOR EVERY MEMBER OF THE FAMILY. AT ALL PRICES.

\$25,000 Reward. Douglas does not make a sell. (more men's \$3 & \$3.50 shoes than any other manufacturer.)

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, easy-fitting, and superior wearing qualities.

The selection of the leathers and other materials for each pair of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

My \$4.00 and \$5.00 Gilt Edge Shoes cannot be equalled at any price. CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No substitutes. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.

NO MORE MUSTARD PLASTERS TO BLISTER. THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.

Capsicum-Vaseline. EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE.

DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.

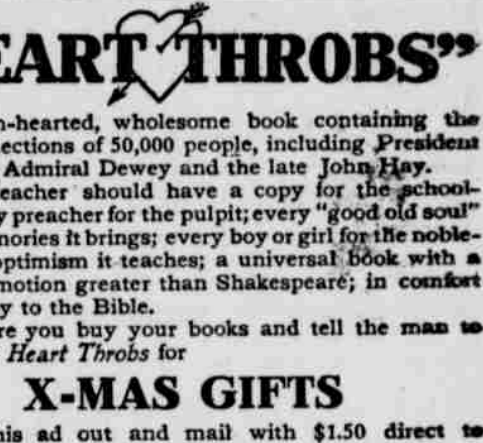
A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c. IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS, DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS.

A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "It is the best of all your preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine.

Send your address and we will mail our Vaseline Booklet describing our preparations which will interest you.

17 State St. CHESEBROUGH MFG. CO. New York City.

LIVE STOCK AND MISCELLANEOUS ELECTROTYPES. In great variety. The lowest prices. S. S. KELLUM NEWSPAPER CO., 18 W. Adams St., Chicago.



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